



# City of Durham Parks and Recreation

## Pool Rules



1. Patrons must obey the lifeguard(s) and not distract them from performing their duties.
2. Swimmers must shower before entering the pool.
3. Diving is permitted only in the deep end of the pool (6' depth or greater).
4. Running is not allowed on the pool deck.
5. An adult (18 years old or above) must be in the water with any child who is *either* five (5) years old or younger, *or* less than 54 inches tall. Supervision of these children must not exceed three (3) children per adult.\*
6. Children ages six (6) through nine (9) years old may swim on their own if they are at least 54 inches tall. However, an adult must be present in the pool area with children of this age.\*
7. Floatation devices may be worn if securely strapped to the body. Inflatable devices are not allowed. Children wearing floatation devices must be actively supervised by an adult. These children are not allowed in the deep end of the pool, unless supervised by a staff instructor.
8. Youth participants must pass a supervised swim test before entering the deep end. Lifeguards administer swim tests and a deep end wrist band will be secured on the participants who successfully pass the test.
  - Participants must take the swim test upon each and every visit to the facility.
  - Participants will have only one attempt, per day, to pass the swim test.
  - If a deep end wrist band is lost, it will not be replaced.
9. Only lap swimmers and scuba class participants are allowed the use of masks (which cover the nose), fins, and snorkels.
10. Only lap swimmers and water exercise participants are allowed the use of kickboards, aqua dumbbells, aqua training belts, and noodles. These items may also be used in swimming instruction classes. They are not available for recreational usage.
11. Horseplay in the pool and pool area is not allowed (this includes dunking, spitting, pushing, kicking, excessive splashing, chicken fights, unnecessary screaming, towel snapping, etc.).
12. Twirling jumps, flips, and back dives are not permitted from the side of the pool.

\* Rule may vary for organized groups.

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13. Squirt guns, rocks, tennis balls, or any other items that endanger the safety or enjoyment of other swimmers are not permitted in the pool area.
14. Persons may not hang on, or climb over, railings, ladders, lane lines, or starting blocks.
15. Swimming underwater for extended distances and holding breath underwater for extended periods of time will not be allowed.
16. Swimmers participating in organized groups/lane rentals or swim lessons may not enter the water until the counselor/leader, coach or instructor has arrived and is on deck ready to supervise the activity.
17. Use of the diving blocks is not allowed (except by swim team members under the supervision of their coach and program participants under the supervision of a staff instructor).
18. Persons may not chew gum inside the facility.
19. Eating is not allowed in the pool, on the pool deck, or in the locker rooms. Drinking is allowed, provided beverage is non-alcoholic and contained in a plastic bottle with a closeable lid.
20. Glass objects are not permitted inside the facility.
21. All patrons must wear proper swimming attire in the pool. Upon approval from the Aquatics staff, t-shirts may be worn.
22. Participants who are not fully toilet trained must wear swim diapers or rubber pants.
23. Band-aids are not to be worn in the pool.
24. Persons with open wounds and sores on their body are not permitted to enter the water.
25. Swimmers are not permitted in the pool or pool area during severe storms.
26. Spectators must remain in the designated observation areas.
27. The use of profanity is prohibited.
28. Inappropriate displays of affection are not allowed.
29. Smoking is prohibited on the premises.
30. The possession of alcohol or drugs is prohibited. Anyone suspected of being under the influence will be asked to leave the facility.